



Getting Naked
Museum exhibit shows off art never seen before
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SPOKE

A LEARNING HUBROOM FOR JOURNALISM STUDENTS



The Edge of Extinction
Dinosaur exhibit makes hiking Tyrannosaurus Rex
Page 3

WEDNESDAY, MARCH 16, 2011

CONESTOGA COLLEGE, ROCHESTER, N.Y.

WWW.SPOKEONLINE.COM

4TH YEAR - PG. 5

Participants survive Polar Plunge

BY CAMER POWERS

Fifteen brave souls braved themselves for the cold during this year's Polar Plunge on March 5 making it a splashy success once again. Participants were paid up to shivering up to 15 minutes including an 8-minute cold soak. All for a good cause.

The Conestoga Students Inc. (CSI) event raised a total of \$680 in cash donations for this year's charity gala. Ray of Hope. The online donations site is still being determined.

"We try to choose a different charity each year," said thousands of dollars. CSI is a 501(c)(3) non-profit organization. Ray of Hope helps out a lot of youth our age so it must have felt home for them. The CSI board of directors.

Ray of Hope was established in 1997 and has been helping troubled men, women and youth by helping them get off the streets and providing them with food, a place to sleep, employment and much more. The money raised will go toward helping Ray of Hope provide over 300 meals a day, food, housing, 12,000 showers and laundry have gone to their men and women in the community.

This year's Polar Plunge had fewer participants than the previous year.

"Our numbers were a little bit lower than last year," Roberts said. "Overall, however, we have much money now raised on the attendance as long as everybody had a good time and really enjoyed themselves. They're not in a hurry to stop."

Everyone appeared to have a good time, especially the spectators.

It was a chilly 32°F out-



Lee Anne G. Jones poses herself for her jump during the Polar Plunge on March 5. For additional story and photos, see Pages 6 and 8.

side as students and CSI staff gathered around to film and watch the Polar Plunge. Jones took the dive into the 17°F water. Conestoga Learning Community staff

member Ellen Blaylock took the plunge but didn't want to be the only one facing a challenge. So he challenged Peter Roberts to do more. Roberts took over before - 1,000 hours

with 400 students which they surpassed by doing 1,000 hours with 500 students.

Friends of the participants waited on the other side of the pool with a CSI donated

but, and towel which used. "I survived Polar Plunge. They were essential items: warm socks and hot chocolate were available to help them warm up."

CSI president and VP sticking around for another year

BY NATHANIEL

Conestoga Students Inc. a board of directors held their general assembly on March 5 and they decided to keep the lineup they already have.

Jeff Roberts and Cameron Jones will be returning as CSI president and vice president in September. Roberts is an undergrad but the board could have conducted a vote

of non-voting members which would have been the student body vote on a new president. It is a bit of a sad note but your upcoming a before that makes the president and vice president position must be filled by current board members.



Jeff Roberts

Roberts is a graduate of the business administration and marketing program at Conestoga. Look over from Jason Wright as president last September and couldn't be happy to return the job for another year.

The fall term paid role of CSI president involves a lot of management and time but does offer some perks besides help pay for the college program since the students. According



Cameron Jones

to Roberts the position provides "a normal student's job plus a lot of extra time and a good feeling about which is being phased out and Roberts doesn't see as he looks across the street from the school life also gets

a Microsoft Surface tablet that doubles as a laptop that all members get to use while working on the board to help keep them on the top while also cutting down on paper waste. During the CSI season that took place after the speech Roberts touched on what he hoped to accomplish and struggles were over the past eight months as CSI president.

(continued on page 6)

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could have dinner with anyone,
dead or alive, who would it be?



"Traci Smith."

Traci Smith,
third year
international business
management



"My Ganesha."

Ryan Singh,
second year
police foundations



"Mike O'Keefe"

Joseph Mike M.,
first year
electrical engineering



"Winston Churchill"

Jeff Probst,
second year
journalism broadcast



"My grandfather - legend
athlete on my life."

David Shaul,
second year
marketing marketing
communications



"Mike Teva"

Alex Higgins,
second year
radio broadcast



Share Conestoga, you could be next respondent

FILIBERT CARTOONS



By L. A. Smith



Cartoon 1: (left) cartoon 2: (middle) cartoon 3: (right) L. A. Smith/Conestoga

Waterloo Region bites into sustainable foods

BY LAR MCCORMICK

The general population has an appetite for sustainable foods mostly because most people don't have viable side access to healthy food systems. However, initiatives by groups in Waterloo Region hope to answer that need.

TECHMUSEUM presented the Sustainable Food Systems Developer which took place for eight weeks beginning Jan. 14 and running until the final event on March 5.

The leader of the project, led by Adam Wagner and Krista Long, Wagner helps run the Waterloo Centre's Urban Agriculture Projects and Long is involved with the Waterloo Region Food System Developer.

Wagner profiled the Urban Agriculture Projects and focused mostly on the Waterloo Centre Market Garden, which is a volunteer-driven initiative that strives to demonstrate practices and share knowledge about sustainable urban food production. The market holds for their produce, produce are mostly volunteers and share looking for local food as well as a small community supported agriculture share program and a market stand in the Hamlet, Ontario located at 1254 Union St. in Waterloo.

Long presentation was regarding the Waterloo Region Food System Developer and their Food



Photo 1: Krista Long

Krista Long, who is involved in the Waterloo Region Food System Developer, March 5th, 2020. A large group of 100 people at the Waterloo Region Food System Developer on March 5th, 2020. The Waterloo Region Food System Developer is a group of people working on building a shared vision for a healthy food system in the region.

System. Wagner plans to launch the community was launched in June to support community gardens and temporary farmers markets in our area. Their goal was to get food spaces on the municipal council agenda to ensure that Waterloo Region and Waterloo include supporting policies for community gardens and temporary farmers markets on their updated zoning bylaws, which are in progress. They asked community members to sign a petition in support of more Food Spaces.

Wagner shared and Long shared their vision for a healthy food system. They asked community members to sign a petition in support of more Food Spaces. They asked community members to sign a petition in support of more Food Spaces. They asked community members to sign a petition in support of more Food Spaces.

The candidates shared publicly declared support for their vision.

According to Long there are several challenges preventing people from seeing healthy foods.

"We're specifically looking at policy but on the other end there's a means program access and the zoning bylaws."

In terms of the Urban Agriculture Projects they are hoping for long term, sustainable change.

"We're not there financially yet, but there's a lot of work to which we're going to keep growing. We're not there financially yet, but there's a lot of work to which we're going to keep growing. We're not there financially yet, but there's a lot of work to which we're going to keep growing."

CORRECTION

In the March 5 edition of *Waterloo Region*, we shared a photo of a group performing a dance during Culture's Diversity Week. The group was actually the Waterloo Region's Dance Club.

We apologize for the error.



THURSDAYS 4PM-10PM \$5 A POUND! We are located!

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In 1991 a group of scientists headed by Jürgen Schneider began

Bob Murphy and John Linsinger started at Artworld Inc. which is not only an art studio but completely immersed in projects that have also helped classes of young adults through their adult lives.

Charles Whitson is an art and graphic designer at all American Inc. has worked with youth groups for over seven years. She started out in a youth group herself when she was 13 years old and fell in love with the company and the people which evolved into the Youth Group Movement.

"I remember thinking to myself when I was in the project that if I could have the job that would be the best thing in the world because I loved people and I was always really good with people and I loved art and I loved teaching any kind of those things and I ended up getting two jobs and that was really cool."

The senior youth group was for an art project called Explore the Edge of Awareness for the new group of youth from Massachusetts to Cambridge to create a sense of place. Thompson was one of the participants of the youth group and stayed to work as a youth group leader.

For, with the help and guidance of both Westerners and Hawaiians, have established 14 United Youth Union Cultural Activities projects since 1961 in Honolulu and the Western Islands.

Different youth projects included were at the Cambridge YMCA Youth Centre 2 (the City Arena Gardens St Louis Adult Learning Centre at Haverhill The Cambridge Club of Haverhill The East Lynn Large Farm Village Association the Cambridge Museum Society Green's Park Secondary School and Church River Elm Haverhill).

The land, not elsewhere very cultivated, is a growth property now for the University of Waterloo in 2000.

"When trying to actually get funding, the major players behind the youth project, Wortman said, "That will be really cool. Because Canada funded projects for youth during employment, however. There was a condition: you had to meet, but none of that will exist. There was, in the meantime, from the government."

The Government of Canada provided 18 Autowork Inc. with \$244,000 in Federal Skills Link funding to support its Youth Visions Challenge Autowork project in 2011. It was to help 18 youth develop the skills and experience needed to find a job or the confidence to return to school.

A black and white photograph of two young women standing side-by-side. The woman on the left is wearing a dark hoodie with a large white 'DC' logo. The woman on the right is wearing a dark t-shirt with a graphic on the sleeve. They are both smiling. The background is a wall covered in various posters and drawings.

Charles and Heather and their four-year-old son, Charlie, have a net worth of \$1.5 million, says Charles. "I've been able to keep my wealth intact over the years," he says. "I've had a lot of help—my wife and I have helped young adults get into employment and into real estate."

They would have no long as they're walking the long drive home. (Murmurs)

For Westman, she not only got a sense of a guarantee about her job, but also gets to help others who were in similar circumstances as herself.

The first line of the document is:

the sides of the place the
meters used which they were trying
to build what he was trying
to make here. There are
the things that show me it
and have kept me here for all
the years that I've been here.
(Sighs)

March: the best possible group
Wendover: two hours less time

himself busy at work on the graphic design movement and art. Humphries is in charge of bookkeeping and running errands both of them are happy to get the good money back on and around.

"I'm really looking forward to having the youth back. The crowd is different. Different sound."

RESPECT BUILDS A HAPPY COMMUNITY



Red-tailed hawks, starlings, sparrows, blue jays, robins, and crows were seen during the first week of March and throughout the duration of the study. The birds were seen in the campus area, the surrounding area, and the surrounding area. The birds were seen in the campus area, the surrounding area, and the surrounding area.

Scherer excited about green wall

● 以上数据均根据中国国家统计局公布的数据整理

In addition, Shivers talked about what he plans to do during his second term. He said his biggest disappointment was missing the mark on The Yellowknife's Project, a mental health awareness program that reached only a few

"We thought we were creating this big model of a program and we put their accomplishments which we set out to accomplish. We said 'I don't think it was all around that. I don't think we were doing the things that the students who were engaged with it, absolutely loved it. We learned from that it made me realize how much planning and the thought process that went into that. In fact, it was off."

On the opposite between a logged, primary successional area where he along with other Clearcut another found more he had a meeting to discuss getting a good well is well that is partially or completely covered with vegetation) back on Clearcut.

I found north-northeast corner lower part with West marking and evidence of the second bay.

appeared it and we went to move forward with it, and thinking that they (back then) were going to police look at it, but they were like the idea is, but more than I thought they would be and afterwards told me that they thought it was a great idea.

His close has been set for when the construction of a group will will to full. But it

There was one board member running against Jones for the title of vice president. Hope Keweenaw, a graphic design student, gave a great speech that on the end led out to the more experienced ones.

James is a current insurance student, as in his third year of being a board member, and is excited about being re-elected as vice president.

It feels great. I think this is an enormous opportunity to go forward bigger, stronger and better. I think it's paying to be a really good year. It's a good to have integrity in the capital markets and we are looking to capitalize on that. We need to be open to some ideas.

In his speech, Jones also mentioned the Yellow Umbrella Project as being South Africa, and a company.

Up next is the CBS-based co-directors' short film *Nothing* will be shown. The magic had been announced starting March 22 and will be on until April 5.

44 It's an awesome opportunity to go forward bigger, stronger and better. **99**
— Cameron Jones

Stevens is looking forward to keeping the position dead until he has recovered this year going in September, which will be his last as president as someone can only be president for two years. Board of directors on the other hand does stay on as long as they can, with 11 years, standard.



PHOTO BY JACLYN HARRIS

Lynda Scribner, a senior tax professional at B&B Block, thinks students could stand to get a little more information about filing their tax returns.

Tax-filing students have help

BY ALAN HARRIS

A handy tax return could boost your savings account or fund your dream summer vacation. But without the proper knowledge, your tax return could be a dud.

Fortunately, the Ontario province offers several credits that students can take advantage of to maximize their tax returns. According to Lynda Scribner, a senior tax professional at B&B Block, the most useful are the most common and university students in the tuition fee credit.

"Most of the time students don't have jobs, so they're not paying taxes and not getting any money back from taxes," she said. "But these tax credits are incredibly valuable to a non-refundable, who says, 'I have a tax credit, but I'm not getting it until they put a job and now they're earning money and paying income taxes, then non-refundable'."

tax credits become available for them to claim their tax. According to Scribner, students can also claim moving expenses on their tax returns. "If a student lives in O.C. and they attend school in Alberta, their return would be a deductible moving expense," she said.

Scribner, who has worked at B&B Block for 18 years, has dealt with many students facing the daunting task of doing their own taxes for the first time.

"I don't think they get a whole lot of information about what they need to know, what they need to bring, so hopefully we can provide that information for them," she said.

Enough they may not have the information, but college students have access to the support they need through other means. Andrea Nguyen, a first-year Ontario student at Champlain College, said:

"The help of Campus Community Taxation in Champlain."

"They've just been doing it since I was a little kid, and my parents used them in previous years," he said.

Others like David, a first-year student at Champlain College, said: "I don't know, but I've heard from other students that they've used them."

"My sister does my taxes for me, she used them as a accounting student, and more as a group, only as she just does them."

For more information, students can visit www.ontario.ca/tax/ontario-student-tax-credits or call 1-800-387-5829. B&B Block has the 1905 pamphlet, which provides comprehensive information for all students filing their own taxes. The College's Students Office also holds a tax clinic on March 17 from 3 to 6 p.m. in Room 1211, where students can get their taxes done for free.

LEARNING ABOUT FAITH



PHOTO BY JACLYN HARRIS

A two-day conference celebrating Faith was held at St. Andrew's University in Champlain and the title of the conference was "Faith in the 21st Century." The conference featured speakers and various panels from churches across Canada and the U.S., as well as a coffee house featuring singer-songwriters and a DJ party.



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Walk with dinosaurs at THEMUSEUM

BY CAMERON DUNN/STAFF WRITER

THEMUSEUM's Museum of the Rockies held a grand opening on March 7 for its newest exhibit, *Dinosaur: The Edge of Extinction*. This exhibit is giving guests the chance to walk among the famous fossils of the Cretaceous era.

The exhibit is made up of over 70 panels with some relatively subtle ones. A hallway, *Tyrannosaurus Rex* and *Triceratops* occupy the third floor of the museum giving perspective to how massive the creatures were in comparison to your everyday average paleontologist. In addition, a giant *Parasaurolophus* hangs between two long hallways, looking like it is THEMUSEUM's main stream.

Nicole Hensel, a gallery attendant, said in an email, "There are also a handful of interactive components that will not be going up until the summer due to alterations in our floor plan as they talked including the *Tyrannosaurus* where visitors can control the movements of a robotic dinosaur and see its inner workings."

The exhibit is an entirely new to give guests the ability to understand every aspect of the *Tyrannosaurus* and *Triceratops* lives from birth and infancy to their ultimate extinction. The interactive pieces include constructed skulls that allow visitors to see through the eyes of these giant models of the dinosaurs being along with many other pieces that round out the exhibit.

"The pieces were developed by a Canadian group in partnership with the Royal Ontario Museum. It has been



Model of a Triceratops in the museum.

standing at the entrance to the third floor of downtown Denver's THEMUSEUM, a massive 100-ton dinosaur is poised as if grazing in their world: the *Dinosaur: The Edge of Extinction* exhibit. The interactive exhibit will be running until Thanksgiving at least.

displayed at the B&B and recently exhibited at the Royal Ontario Museum. It was originally created for the Tower but we have changed it for the exhibit," Hensel said.

An interactive by Hensel, the exhibit will be ending one time as new exhibits will be made to both the museum and the program. Throughout the exhibit's life time will be a daily program where guests can control the movements of a robotic dinosaur and see its inner workings.

A sample video provided by Hensel suggested it is obvious to adults that the dinosaurs are puppets, children believe that they are real and have in the past loved interacting with them.

The exhibit will stay on through spring summer and fall until it reaches its final run on Thanksgiving weekend. Until then, however, dinosaurs will not be the only big attraction within the museum's walls.

"At the same time as

Dinosaur: The Edge of Extinction, we are opening an exhibition of Canadian contemporary made art from the Canada Council for the Arts called *Contemporary*. Over the summer we will have the Museum of Discovery which will overlap with *Dinosaur*. It will include a number of family fun interactive displays and smaller exhibits that will run.

THEMUSEUM plans to have a multiple exhibition and exhibit during the summer from a balloon room to

"a great summer exhibit called *Monet & Me* and every thing in between."

"We haven't gotten confirmed it yet for the fall 2012 but we will be putting something together that goes along with the International Year of Light that is going on this year," Hensel said.

For future rates and more information about THEMUSEUM, the Edge of Extinction or other upcoming exhibits visit www.themuseum.org.



An interactive display of a *Tyrannosaurus Rex* skull gives guests the chance to see their prey (or looking through the eyes of the *Tyrannosaurus Rex*).



Featuring a large skeleton of a *Tyrannosaurus Rex* is one of the highlights of the *Dinosaur: The Edge of Extinction* exhibit.

STUDENTS CHILL FOR THE THRILL

BY KALI CARROLL

They stood there in the snow their feet, bare, their eyes closed, the crowd roared around them.

On March 9, 10 polar plunge teams made a splash at the Polar Plunge at Cowlitz College's Ocean Deck campus. The event, held by Cowlitz's Division for (CSD), has been taking place at the college for more than 30 years.

The Polar Plunge runs Cowlitz's students faculty and staff the opportunity to raise money and support local organizations while having a good time. CSD hopes to donate the proceeds from the event this year to Big of Hope, an organization that provides care and hope for those struggling with cancer, addiction or homelessness in Waterloo Region.

This 10 plungers waited in anticipation while the organizing operators took place. The crowd then cheered as each participant jumped, clipped or splashed into a pool. The temperature was 15°C, but it felt like 10°C with the wind chill. The pool's water temperature was 17°C with air blowing on the surface.

With no personal connection to Big of Hope, the participants' hearts were in the right place.

The first plunging in pro-



Survived! A Cowlitz College student (left) and two others, a mechanical engineering (right) and a student engineering (right) technology student, survived the Polar Plunge on March 9.

ceed because I'm all about good causes, said Vanessa Acosta, a first-year office administration, executive student. "I've always done things for good causes and raised money for them."

Some participants got

involved to set an example for other Cowlitz students.

"I'm plunging for the cause and I'm part of CSD so I'm trying to be involved as much as possible. Loved by example, said Emma Ghil, a business administration student.

While it's a fun event for students, it is also an important cause.

Acosta thinks that more people should get involved for the annual event.

"I think it's good. I think more people need to support

stuff like this in general. It's good that the college is supporting it," she said.

The event received \$650 in cash donations. CSD has yet to calculate the online contributions to determine the total amount raised.



Vanessa Acosta, a mechanical engineering student, found the winter's toughest cold.



Vanessa Acosta, a first-year office administration executive student, likes an active pose to raising the plunge.

Photos by
Kali Carroll



Emma Ghil, a business administration student, participated in the plunge at the Polar Plunge.



Emma Ghil, a business administration student, participated in the plunge at the Polar Plunge.



Callie is excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after her plunge.



Justin is excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after his plunge.

Photos by
Carmen Pascucci



Students are excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after their plunge.



Vanessa is excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after her plunge.



Matthew is excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after his plunge.



Rachel is excited to see the structure in person and to see how many people are participating in the plunge out of the cold water after her plunge.



CLAY AND GLASS GALLERY IS AW-INSPIRING

The Canadian Clay and Glass Gallery's current exhibition, *Expanded Woods*, focuses on our current environmental crisis.

Clockwise from top left, Paula Murray's piece, *Connection [9]* Connection, represents collective identity and the profound gain and loss of knowledge, expressing humankind's continual search for knowledge.

Wilde Lambrecht's work, *Infinitesimal Forest*, is inspired by the functions and beauty of trees and warns of the global decline of forests due to humans.

Using large-scale porcelain tree sculptures, Grace Nickel's artwork depicts the relationship between natural and fabricated.

Marie-Anne Goh's pieces (two of which are shown below) are inspired by the symbolic expression of water and the ever-changing natural world, but more recently Goh has been observing the St. Lawrence River for her inspiration. For more, go to www.spatonline.com.

PHOTOS BY HADIAN BROWN



PARTNERS PROGRAM BENEFITS STUDENTS



PHOTO BY ANDREW CHEN FOR THE STAR

Lydia Ispide is this year's second senior student ambassador with English Language Partners, tasked with spreading the benefits of joining the ELP program. For more story, see [www.istudent.com](#).

STUDENTS CELEBRATE INTERNATIONAL WOMEN'S DAY



PHOTO BY ANDREW CHEN FOR THE STAR

The International Women's Day Student Council has coordinated it through the Student Life Department, hosted its annual WID Breakfast March 8. Guest speaker Mylene Quirrel shared her story with the students. Committee members are (clockwise, left to right) a founder, Laine Schellier de Laine, Reina Quirrel, President Priya Courtney-Mainville and Myla Dugal. To their right are Emily Cordeiro, Emma Brodeur and Kristin Bennett.

People suffering with depression think they can fix themselves.

Who in their right mind would think that?

Depression is a complex condition and it's important to seek professional help. For more information, visit [www.canadianmentalhealth.ca](#) or call 1-877-890-7767.

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STOP THE STIGMA

Crowd in stitches at Comedy Fest

BY MATT BOWELL

Laughing is a great way to stay sane, so this was the perfect time for the K-W Comedy Fest to be in town.

The event, which started in 2006, took place from March 6 to 7 at various areas K-W including at Centre in the Square, and featured 20 stand-up comedians and performers showcasing their wit.

Then *How Not to Succeed* star and longtime comedian Brian Marston was the first to perform, and he absolutely lit up the opening night gala.

The comedians who performed on opening night had a mix of dirty and clean comedy styles, but all had the crowd in stitches.

Halifax native Mattie Marston was the hit for the evening, and fans were going giddy in ways that were being a comedian.

"I was doing a show in South Africa, and some were so thrown out on stage. I don't even remember why she did it. She took it off and it fell onto her shoulder, so it was

on the stage with *Shane Marston* said.

One of the other performers that night were Tim Harrison and Mary Mark, who are married and live in Minnesota. When asked what he would be doing if he wasn't a comedian, Marston had a clear answer.

"I'd be running a fishing shop, obviously," he said.

"On a grade seven that took people into the woods, Massachusetts, nature. *Alison Mota* talked about how comedy can be done any where and for anyone.

"I did a show once in a country club. It was not as a variety show and there was a belly dancing troupe, a comedian, and two rock musicians, but the people who turned out were the people who generally just sat there so it was like '12 and 10-year-olds just very confused about what was going on.' Mota said.

The *Food Bank of Waterloo Region* was the K-W Comedy Fest's charity of choice and received money and food donations for more than 1,000 meals.



PHOTO COURTESY OF K-W COMEDY FESTIVAL

Comedian Brian Marston performed at the 2008 Comedy Festival's opening night gala at Centre in the Square on March 6.



CONESTOGA

ATTENTION RETURNING STUDENTS

Tuition payment has changed for September!

- Deposit due June 15th
- No deferral fees
- Remaining tuition due in August

For more information:

www.conestogac.on.ca/payingyourfees



9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

[illegible]

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HOROSCOPE Week of March 13, 2006



Aries
March 21 - April 19



Libra
September 17 - October 23

Aries: Don't let your finances hold you back from enjoying life. Focus on what makes you happy this week to optimize.

Libra: Ladies, follow your heart! Gents, will have something to say about your choices but do whatever it is that makes you happy.



Taurus
April 20 - May 20



Scorpio
October 23 - November 21

Taurus: Let your temper to avoid those unnecessary arguments. Don't let someone taking an argument to better than being someone close to you.

Scorpio: You may feel that a close friend of yours is intruding in your personal life. They are just looking out for your best interests. Appreciate their support.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

Gemini: You expect too much of yourself. Adjust your responsibilities to a reasonable level in order to achieve great fortune.

Sagittarius: You may bring bad fortune upon yourself by borrowing money to those around you. This week, change your outlook.



Cancer
June 22 - July 22



Capricorn
December 22 - January 19

Cancer: Don't waste your time and efforts on those who don't value your friendship. Channel your strength for something that will benefit you in the long run.

Capricorn: Don't take comments from others too personally. They don't really mean what they say. Laugh it off and move forward.



Leo
July 23 - August 22



Aquarius
January 20 - February 18

Leo: You are a generous individual and make sure others don't take advantage of you. This week, watch your back.

Aquarius: You've recently shared lots of kindness to those around you. This week, an individual will repay you for your kind actions.



Virgo
August 23 - September 22



Pisces
February 19 - March 20

Virgo: Draw your attention to a new direction. Looking off for a while may do you some good in the long run.

Pisces: You have big plans for the future, but have you talked to those around you? They may offer the insight that you might have missed.



Useless Facts

- A tiger has snapped ears not just for
- There are 326 droplets on a regular golf ball
- Every time you lick a stamp, you consume 1/10 of a calorie
- Polar bears are left-handed
- A shark is the only fish that can blink with both eyes
- A cat has 32 whiskers in each paw
- Random like to eat bananas

Sudoku Puzzle

	1		6	5		7		2
4	7				2	5		
		5			7			8
		6		1				
	3			4	8			2
4	2			5	8	1	3	
	7		1		3			
	5		4		3	2	7	
2	4			6		8	9	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

St. Patrick's Day

G	L	P	J	E	S	L	D	X	R	O	D	I	N	G	B	IRISH	
B	B	R	D	G	A	T	O	G	Y	O	K	P	T	V	U	GREEN	
P	R	O	Y	A	I	O	O	T	F	K	K	E	T	S		DANCE	
G	C	A	T	L	N	F	F	M	N	I	B	N	D	U	N	LUCK	
L	I	D	R	K	T	C	N	K	E	Y	W	Y	A	T	U	LEPRECHAUN	
W	S	P	A	C	K	X	E	G	H	Y	L	X	R	K	A	SHIRNEY	
O	U	B	P	U	N	G	S	D	J	Z	N	A	A	I	H	STONE	
B	M	E	I	L	B	I	H	S	H	O	D	L	P	S	C	MUSIC	
D	R	E	M	P	R	B	A	X	Y	I	X	S	H	S	E	PARTY	
G	H	R	A	I	S	L	M	E	T	S	O	S	C	O	R	PADDY	
S	I	G	S	F	O	A	H	I	O	S	R	W	N	M	P	SHAMROCK	
H	C	H	W	D	R	I	N	G	E	S	M	E	X	H	N	E	PARADE
C	R	D	Z	R	A	N	C	I	Y	E	E	B	W	F	L	FOOD	
P	A	D	D	Y	C	E	K	V	Y	O	N	L	D	T	I	POOMS	
U	F	J	O	T	P	Y	J	D	P	P	L	V	K	U	Y	CARDS	
U	L	O	O	O	K	W	V	H	W	H	Y	C	W	Y	C	BEEN	
																TRADITION	
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The State have again



PHOTO BY GREGG DEY

Artist Hockney (left) and Victoria Murray, director of The Canadian Council Art Bank, in Ottawa, look at Hockney's painting that she hasn't seen before at THERMIDRUM's Nothing Is Hidden exhibit.

Why hide? Let's get naked!

BY GREGG DEY

People get excited about things "leaking" just like the popularity of 50 Shades of Grey, but reality makes them feel nervous and/or embarrassed. Why is that?

THERMIDRUM is hoping those new artists, Ontario's Naked, will change that.

The Canadian Council Art Bank has 17,800 works of art, some of which are naked. These pieces have never been seen by the public due to their business. However, that all changed on March 7, when Ontario's Naked opened at THERMIDRUM.

Two exhibits also feature The Naked Dialogues, which includes a life drawing workshop, open house and discussion, taking all revealing stories being asked.

In a press release, David Markovitz, CEO of THERMIDRUM, said "We're very excited to launch a new dialogue series in conjunction with the Nothing Is Hidden exhibition."

The Naked Dialogues will run until May. Topics include the history of nudity and education in the media, public sex, sex service options and even education on food.

In addition, THERMIDRUM

will host a symposium event called Naked as the Gallery where visitors will be able to observe and view the gallery while they themselves are naked.

Markovitz said "This is a rare opportunity to not only see these incredible works of art but also have a conversation about why Canada's culture does away from reality."

Many of the pieces at THERMIDRUM were created by recognizable Canadian artists who are known for their other works but their nude creations were hidden from the public.

"For a number of years, the small collection of nude does not get rented out to businesses or other spaces," said Victoria Murray, director of The Canadian Council Art Bank, director of the program. "My goal was to see the works displayed, but no one has had the privilege to view the works until David Markovitz of the THERMIDRUM enthusiastically fully agreed."

Murray said "I hope that they will use how beautiful their works are and I'm sure that will happen. You really don't look at these like that's a nude, but you look at them in terms of the skill and then you realize that there is nudity in it."



PHOTO BY GREGG DEY

Getting mixed up in the 2nd of THERMIDRUM in Kitchener. After the introductory speeches, David Markovitz (left), CEO of THERMIDRUM, Victoria Murray (center), director of The Canadian Council Art Bank, Gregg Dey (right), a journalist of THERMIDRUM, and Victoria Murray, director of Nothing Is Hidden, all attended the 2nd opening of the exhibit.

Local artist paints from the heart

BY GABRIEL TILGNER

Local artist Todd Manuel's career is on display at the Hammer Watson House and Gallery, a place called Objects of My Affections. It has exquisite colour and depth and focuses on everyday items in an atmosphere that is warm and welcoming.

As you look at each piece of art, you think about the subjects in the paintings and really appreciate the simplicity of them. Manuel is able to take something so ordinary and simple, such as a breakfast scene with a bagel, and make it beautiful.

His paintings speak to the viewers and make them look at life in a different perspective. Taking time to see the beauty right in front of you can be an eye-opening experience. It makes you appreciate your surroundings and be thankful for the simple pleasures in life.

"From as far as I can remember I have been interested in art," Manuel said.

He grew up in a small town in Maryland and had loved scenes to measure that would help him improve his art skills. There were no art classes he could take at his school, but he did have pencils and crayons which he took full advantage of.

He used these to work on his drawing skills. He would copy pictures that were on TV or from news books. "My earliest family life scenes were often colourfully decorated with a multitude of cartoon symbols, shapes, words and rock band logos," Manuel said.

He would use school and magazine art exhibits and would receive an all praise for his efforts. "During my senior year, I was my biggest thrill for winning others first award at that place in a contest."

Manuel never really had anyone to teach him how to expand his painting skills until he went to college, where at the age of 20 he spent two years learning how to use pencils and watercolours for drawing skills. However, his paintings and styles that would be seen later in life were not developed at

that point.

"Paint, paint, paint, that's how I learned."

Manuel said to this day he still is creating something new with every painting he creates.

"I consider myself to be mostly self-taught and a lifelong learner."

His inspiration comes from looking at art. He is a fan of the things of others: Mary Pratt and Ray Lichtenstein.

66 From as far as I can remember I have been interested in art. 66

— Todd Manuel

"Coincidentally, I had the opportunity to speak with Mary Pratt when I was an age just like she and she gave me some wonderful advice about the business of creating art."

That experience was a turning point in Manuel's life. He no longer painted for others, he created art for himself and no one else. If others enjoyed his work, it was a bonus that he didn't mind when people didn't like it. This is something all aspiring artists should live by.

"It's important for an artist to feel secure about their work, produce and simply enough, yourself to the fact that you created pieces everyone that every one is going to like your art."

Manuel has been working to get his artwork into art exhibitions over the last five years. He has been featured in group shows up until recently. Manuel was the Hammer Watson Legacy Award and was recognized by the Hammer Watson Gallery in 2024. His work was shown in 2025. This award is presented to an individual whose artwork celebrates the legacy of Hammer Watson's creative spirit, by stimulating or where the appreciation, enjoyment and practice of the visual arts.

"It's been kind of work but a lot of fun too. I love what I do and I can't hardly wait to see what the future holds for my artwork."



PHOTO BY GABRIEL TILGNER

Todd Manuel, a local artist, shows off a collection of works titled Objects of My Affections at an exhibit at the Hammer Watson House and Gallery.



The Sea and the Sand, another of Manuel's colourful works.



His painting to Manuel is titled 'Through the Looking Glass'.